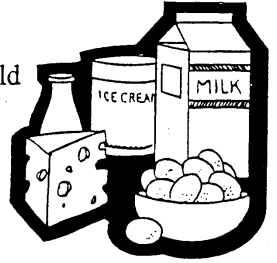


Ideas For Using More Milk

Milk and foods made from milk provide calcium. Calcium is needed to build strong bones and teeth. Infants, children and adults all need calcium to stay healthy. More calcium is needed during pregnancy, breastfeeding, and the growing years. Milk also gives you lots of protein, and vitamins for good health. If you are not getting enough milk, try some of these ideas.



Try Milk Drinks

➔ Yogurt Smoothie--blend or mix 1 cup milk, 2 tablespoons powdered milk, your favorite fruit, and ½ cup yogurt.



➔ Hot Chocolate--made with milk instead of water; add 1 tablespoon powdered milk for an extra punch of calcium.

Use Milk in Cooking



Add Fluid Milk to:

creamed soups
puddings and custards
sauces and gravies
hot cereals
scalloped and au gratin potatoes



Eat More Cheese

On:

cooked vegetables
pizza
tacos
enchiladas
nachos
potatoes
sandwiches



Add Dry Milk to:

mashed potatoes
dough for tortillas, breads, biscuits, and muffins
meatloaf, meatballs, and hamburgers
many things while cooking
(1/3 cup dry milk = 1 cup of fluid milk)

In:

chile con queso
chile rellenos
lasagna
casseroles
refried beans
salads
spaghetti

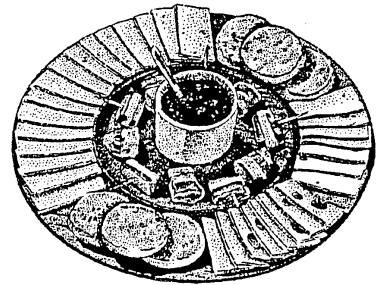
Try Other Milk Products



Don't forget to use cottage cheese and ice cream as part of your diet. They also give you calcium and add variety to your diet.

Cheese Snack Wafers

3/4 cup flour
Dash cayenne pepper (optional)
1/2 cup margarine or butter, softened
2 cups cheese, shredded
1 1/2 cups dry, unsweetened ready to eat cereal



Mix flour and cayenne pepper together in a small bowl. Set aside. In a large bowl, beat margarine and cheese together until light and fluffy. Add cereal to butter-cheese mixture. Stir until blended. Add the flour mixture and stir until just moistened. Drop teaspoons of batter onto an ungreased cookie sheet. Flatten each mound with a fork dipped in flour. Bake at 350 degrees for 12 minutes or until light brown around the edges. Remove from cookie sheet. Cool. Makes about 56 wafers.



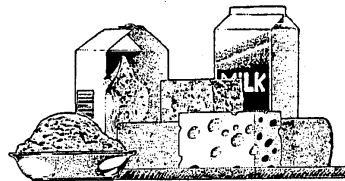
Corn Chowder

1 medium onion, diced
2 tablespoons butter or margarine
2-16 ounce cans cream style corn
1 can evaporated milk
1/4 teaspoon pepper

1/2 cup celery, diced
2-16 ounce cans of whole potatoes
2/3 cup nonfat dry milk powder
1 can water, using evaporated milk can

In a large pan, cook onion and celery in butter until tender, about 5 minutes. Drain potatoes. Throw liquid away. Cut potatoes into small pieces. Add potatoes to onion and celery. Stir in corn, nonfat dry milk, evaporated milk, and pepper. Add 1 can of water, using milk can to measure. Heat just until ready to boil. Serve hot. Makes 10 servings, 1 1/4 cup each.

Meat, Cheese and Potato Pie



1 1/2 cups cooked, chopped beef, pork, or chicken
1 3/4 cup water
2 cups instant potato flakes
1-16 ounce can carrots
1/2 cup cheese, grated

2 tablespoons butter or margarine
2 tablespoons nonfat dry milk powder
1 tablespoon prepared mustard
1/4 cup onion, chopped

Put butter and water in a saucepan. Heat to a boil. Remove from heat and add milk powder. Stir in potato flakes gently with a fork until soft and moist. Stir mustard into mashed potatoes. Spread in bottom of lightly oiled 9 by 13 inch pan. Drain carrots. Mix meat, carrots, and onion together. Spread in a layer over the top of the potatoes. Sprinkle cheese over meat layer. Bake for 30 minutes at 350 degrees. Makes 6 servings.